



Life Skills Series

Self-esteem

BY

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Feeling good about yourself

I ♥
ME

I ♥
ME

I ♥
ME

Editor

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CONTENTS

Story time	4
A minute for thinking	7
Who you are	8
What self esteem is	11
What high self-esteem looks like	12
All about me	17
How to get high self-esteem	18
What low self-esteem lookslike	21
How you get low self-esteem	22
Activities	24



Waking Nightmare

Pogo the Ogre, Big Giant, and The Abominable One had spent hundreds of years locked up in Monster Prison. They had entered voluntarily, when they realized that frightening children wasn't a good way to make a living. Since then, **the three of them had been sad and lonely figures.** Frightening children was the only thing they knew how to do well. They lost all hope, and felt useless. They had already served their full jail sentences several times, **but when they were told they were free to go,** they answered by asking where they could go, and what could they do, if all they knew in life was scaring people...



However, all that changed on the day they locked up Nightmare.

Nightmare was a tiny little monster, who devoted very little time to frightening others and spent most of the day sleeping.



But when awake, he was great fun. He told hundreds of stories of how he had changed people's dreams to make them more amusing, and of how these changes almost always turned out so badly that they would have scared anyone.

Pogo the Ogre, and his friends, loved Nightmare's stories, but they had to wait for the sleepyhead to get up so he could tell them. Now, that was by no means easy. It seemed not even an earthquake could wake the guy.



Until one day, when the three monsters combined their terrific cries. Nightmare woke up with a start. He looked at them, wide-eyed, but he didn't seem frightened or angry. Rather, he seemed happy.



- "Great!" he said, "I've always wanted to get up early. That way you enjoy the day much better. You know what? You guys should work as alarm clocks. I know a lot of sleepyheads who would really thank you for it."



The three monsters were so happy to hear those words. Finally they could be of some use! After so many years, it turned out they could do much more than they had believed. And they could do it without frightening or bothering children.



That very day they left the prison, ready to make their first alarm call. And so it was that the three monsters became famous for their special service for sleepyheads, and were happy to have understood that there is always something nice we can do, just waiting to be discovered.



A minute for thinking



There must be something **you are good at**. What additional good uses could have that skill? Do you realize that most things can be used to do good or to do evil? What do you think causes people to do good or evil?

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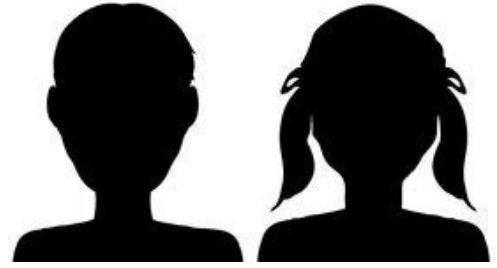
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Who you are?



Let's start by finding out who you are. An easy and fun way to do this is to write a poem about yourself. No, it's not too hard.

Just fill in the blanks on the one below, and you will have done it. Poetry does not have to rhyme you know, but see if you can make a pattern with the beats.

Do you know what I mean?

Look at this.

1 (Name)

Sa - rah

(Beats)

1 1 (2)

2 (Adjectives-

brown haired,friendly,cheeky,

Describing words)

(Beats)

1 1 1 1 1 1 1 (7)

3 (Brother/Sister) No - One

(Beats) 1 1 (2)

4

(Beats) 1 1 1 1 1 1 1 (7)

Line 4 will have 7 beats - and so you go on.

You can have a pattern of three lines or four, or however many you like, so long as there is a pattern.

Give it a go.

Here's what you write about.

Name

4 Adjectives (describing words)

Brother/Sister of

Who loves

Who feels

Who finds happiness in

Who needs

Who gives

.....

Who fears

.....

Who would like to see

.....

Who enjoys

.....

Who likes to

.....

Who lives

.....

Who would you like to be

.....



What self-esteem is?



What else did you find out about yourself?

Did you learn how you feel about yourself?

The way you feel about yourself is called **self-esteem**.



If you feel confident and good about yourself, that's called **high self-esteem**, and if you feel bad about yourself and have no confidence, that is called **low self-esteem**.



What high self-esteem looks like?



. being happy

. feeling that you're OK
as a person

.believing in
yourself

.looking forward
to a good future



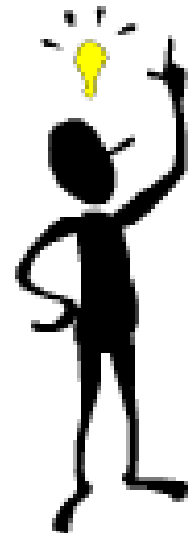
. enjoying the
world around
you



. feeling
energetic and
hopeful



. feeling confident
that you have the
power to change
things in your life



.joining in
With others



. being happy with
each success, no
matter how small



. looking for ways
to succeed



. encouraging others

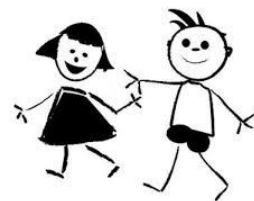
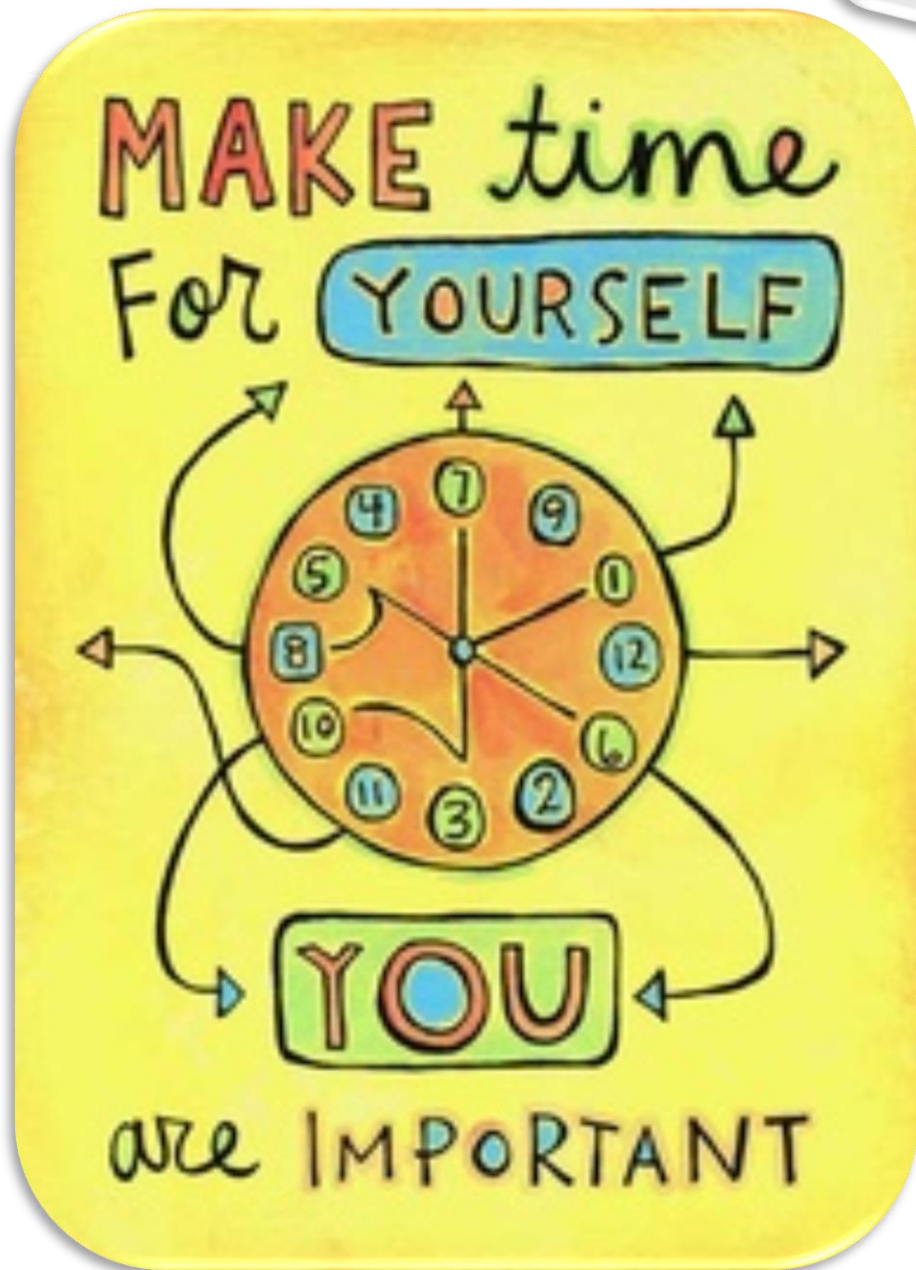


.respecting others'
differences and
your own



accepting that you
will make mistakes
and you can learn
from them







all about me



I can write my name...



TODAY'S DATE IS:

When I grow up I want to...

My age is:



MY WEIGHT

↑ My height ↑



SHOE SIZE



favourites

Book

TV show

Song

Movie

Treat

Sport

Activity

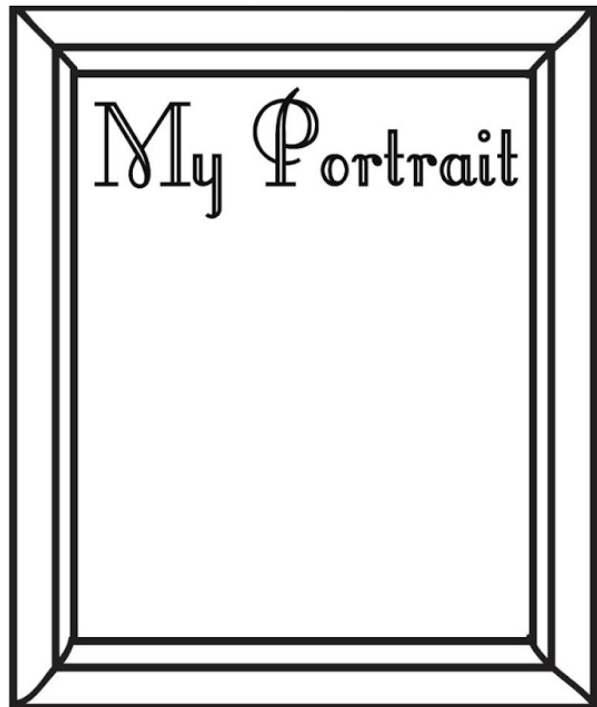
Meal

Place to visit

My Pet



My Portrait



How to get high self-esteem



. Believe that you are an OK person.



. Like yourself and make the most of your good points.

. Join in with others.



. Be willing to have a go at something new.

. Set yourself short-term goals that you can reach and be happy about on the way to reaching your main goal.

. Say thank you when you get a compliment and feel proud of your efforts.

. Work at learning and practising new skills so that you feel confident in your ability.

. Learn to think for yourself.



. Keep yourself clean and tidy.

. Accept responsibility for yourself
your actions.



. Accept that everyone makes mistakes
and use them so that you learn to do
better next time.

. Believe that you deserve to be
happy and relaxed.



. Be happy with who you are.

Don't try to be all things to all people.

. Think about changes in your life as
a chance to learn something new,
meet new people and learn new skills.



. Be positive and notice positive things
around you.

. Be a happy and caring
person and you will attract
people to you.



caring

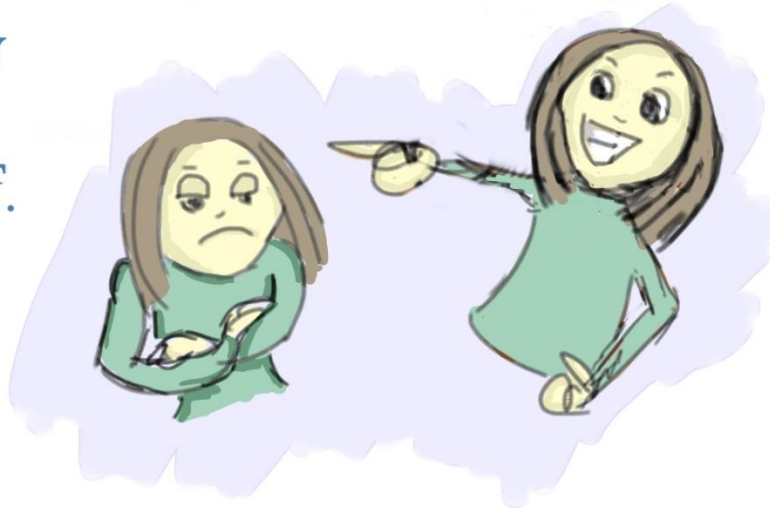
Self Esteem

People forget...

It isn't how
other people
see you.



It's how
you see
yourself.



...and that's what makes it hard...



What low self-esteem looks like



- . feeling unhappy
- . feeling that you are not as good as others in some way
- . having no confidence in yourself
- . feeling hopeless about the future
- . seeing the bad things in the world around you
- . feeling like a victim
- . feeling miserable
- . feeling tired most of the time
- . lounging about and not doing anything active
- . putting yourself down even when someone is giving you a compliment
- . looking on the worst side of everything
 - . having no respect for yourself

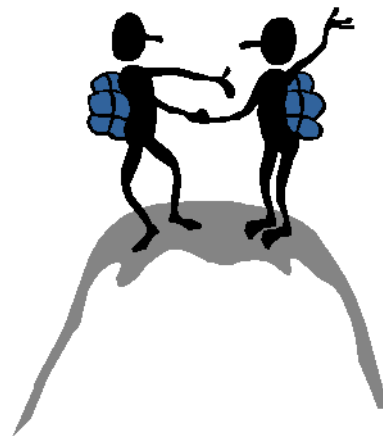
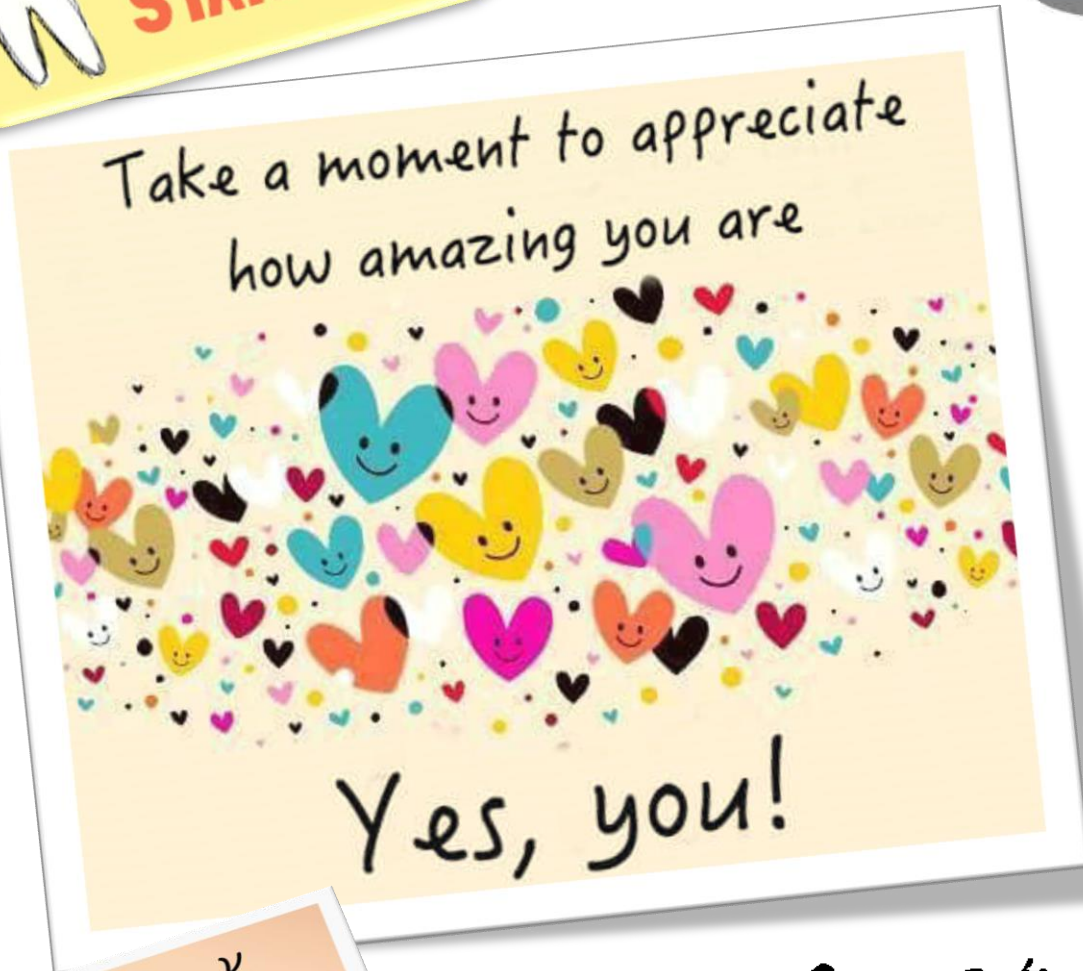


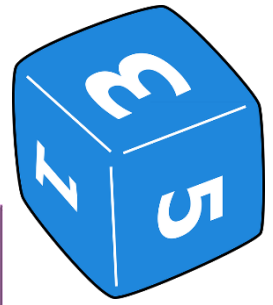
How you get low self-esteem



- . telling yourself how bad, ugly, stupid, etc. you are
- . **disliking yourself**
- . hanging around by yourself or with people who tease you
- . not keeping yourself clean and tidy
- . **taking the blame for everything; not standing up for yourself**
- . thinking of a mistake as something that only happens to you
- . believing that you can't change anything
- . **not trying to learn or practise new skills**
- . believing that life is always bad and the future will be just as bad
- . being negative and not thinking that you can change anything
- . **thinking that no-one likes you**
- . brooding about all the bad things that have ever happened in your life
- . not doing anything that you might be good at or enjoy
- . **listening to and believing people who tell you bad things about yourself.**







Self-esteem Dice-game

HOW TO PLAY

1. Cut question dice and fold along the dotted lines

Preferably laminated printed on card stock!) Tape dice together.



2. If using it in a group, go in order and have the first person roll the dice,

and answer the question that is facing upward. If individually, have the person

roll the dice, answer and repeat.

3. Follow up questions are great and can facilitate discussion with

individuals and between group members!

4. Repeat steps 2 and 3. (If someone gets one they already answered, they can roll again)



What nice things
would your friends
say about you?

Name one good
thing that has
happened to you
this week?

Name 1 compliment
that you received
that made you
feel happy.

Who is your role
model? How are
you like your
role model?

Talk about 2
things that you
are good at!

Talk about a good
deed that you
have done for
someone.

Possible Follow-Up Discussion Questions

1. Name one compliment that you received that made you feel happy!

- Can you explain the feeling the compliment gave you?
- If you give compliments to others, how do you think it will make them feel?

2. Discuss a good deed that you have done for someone.

- How did the good deed make you feel?
 - How do you think it made the other person feel?
- How do you feel when others do a good deed for you?

3. Talk about 2 things that you are good at.

- What do you love the most about these things?
- Are you happy when you are doing these things? Do you feel proud of yourself? Would others be proud of you?



4. Name one good thing that has happened to you this week!

- How did that amazing thing feel?
- What can you do to have more awesome things happen each week?



5. What nice things would your friends say about you?

- What kind of person do your friends and family think you are? Do you agree with them?
- Why would they think those nice things? What have you done?

6. Who is your role model? How are you like your role model?

- What can we do to have more qualities like our role model?
- If you don't have a role model, think of someone you admire, and how those qualities make you feel.



Student: _____

Positive Self-Talk

Goal: I can use positive self-talk.	 I Need A Lot of Help	 I'm Learning	 I Need A Little Help	 I Can Do It!
I can tell ___ examples of negative self-talk.				
I can tell ___ examples of positive self-talk.				
I can know when I have negative self-talk and tell myself to "stop."				
I can change a negative thought into a positive thought.				

(c) One-Stop Counseling Shop

Student: _____

Positive Self-Talk

Goal: Student can differentiate between positive and negative self-talk and use positive self-talk when needed.	0-40%	40-60%	61-80%	81% +
	Needs Support	Progressing	Meets Standards	Exceeds Standards
Student can give ___ examples of negative self-talk.				
Student can give ___ examples of positive self-talk.				
Student can acknowledge their own negative self-talk and stop themselves when having negative self-talk.				
Student can change a negative thought into a positive, more rational thought.				

(c) One-Stop Counseling Shop

Student: _____

Goal Setting

Goal: I can set and work toward short, medium, and long-term goals.	 I Need A Lot of Help	 I'm Learning	 I Need A Little Help	 I Can Do It!
I can tell ___ short-term goals and ___ long-term goals.				
I can tell some people who can help me with my goals.				
I can come up with a plan to meet each of my goals.				
I can work toward meeting each of my goals.				

(c) One-Stop Counseling Shop

Student: _____

Goal Setting

Goal: Student can set and work toward short, medium, and long-term goals.	0-40%	40-60%	61-80%	81% +
	Needs Support	Progressing	Meets Standards	Exceeds Standards
Student can describe ___ short-term and ___ long-term goals.				
Student can list ___ individuals who can help them achieve each of their goals.				
Student can develop a plan to work toward achieving each of their goals.				
Student can take steps to work toward achieving each of their goals.				

(c) One-Stop Counseling Shop

Student: _____

Understanding Strengths

Goal: I can know my own strengths and weaknesses.	 I Need A Lot of Help	 I'm Learning	 I Need A Little Help	 I Can Do It!
I can tell about ___ skills or talents that I have.				
I can tell about ___ things that are difficult for me.				
I can tell about ___ ways I can use my skills and talents to help me succeed.				
I can list ___ people who can help me get better at the things that are difficult for me.				

(c) One-Stop Counseling Shop

Student: _____

Understanding Strengths

Goal: Student differentiate between their strengths and weaknesses and use their personal strengths to their advantage.	0-40%	40-60%	61-80%	81% +
	Needs Support	Progressing	Meets Standards	Exceeds Standards
Student can describe ____ personal strengths.				
Student can describe ____ personal weaknesses.				
Student can describe ____ ways in which their personal strengths can help them in everyday life or their future.				
Student can list ____ individuals who can help them improve their weaknesses.				

(c) One-Stop Counseling Shop

Student: _____

Dealing with Peer Pressure

Goal: I can deal with peer pressure.	 I Need A Lot of Help	 I'm Learning	 I Need A Little Help	 I Can Do It!
I can tell ___ examples of negative peer pressure.				
I can tell ___ examples of positive peer pressure.				
I can tell ___ ways to deal with negative peer pressure.				
I can show ___ ways to deal with negative peer pressure.				

(c) One-Stop Counseling Shop

Student: _____

Dealing with Peer Pressure

Goal: Student can resist negative peer pressure.	0-40%	40-60%	61-80%	81% +
	Needs Support	Progressing	Meets Standards	Exceeds Standards
Student can list ____ examples of negative peer pressure.				
Student can list ____ examples of positive peer pressure.				
Student can list ____ strategies or statements that can be used to resist negative peer pressure.				
Student can demonstrate ____ strategies to resist negative peer pressure.				

(c) One-Stop Counseling Shop

Student: _____

Dealing with Mistakes

Goal: I can stay calm and learn from my mistakes.	 I Need A Lot of Help	 I'm Learning	 I Need A Little Help	 I Can Do It!
I can tell ___ ways of how mistakes can help me.				
I can stay calm when I make a mistake.				
I can apologize if I hurt someone by mistake.				
I can think of ways to learn from my mistake.				

(c) One-Stop Counseling Shop

Student: _____

Dealing with Mistakes

	0-40%	40-60%	61-80%	81% +
Goal: Student can deal with their own mistakes in age-appropriate ways.	Needs Support	Progressing	Meets Standards	Exceeds Standards
Student can describe _____ examples of how mistakes can be helpful.				
Student can stay calm after making a mistake.				
Student can apologize if necessary after making a mistake.				
Student can brainstorm ways of avoiding their mistake or learning from it in the future.				

(c) One-Stop Counseling Shop

